



INSTRUCTION GUIDE

IC300 PRO MONITOR

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| SAFETY PRECAUTIONS

The monitor on this machine has been tested to the required standards, each of those passed regulations are shown via the following symbols:

WEEE - Waste Electrical and Electronic Equipment Recycling.

ABS - Acrylonitrile Butadiene Styrene often referred to as ABS is a type of plastic that is an opaque thermoplastic.

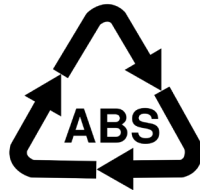
CE - The product conforms with relevant EU directives regarding health and safety or environmental protection.

QC Pass - A product which has fulfilled the requirements of a technical control and passed the outgoing exams.

WEEE Symbol



ABS Recycling Symbol



EU Compliance Symbol



Quality Control Symbol



CLEANING

Please take care when cleaning this monitor as the LCD screen can easily be scratched.

You will need a soft dry cloth



Do not spray cleaning chemicals directly onto the monitor

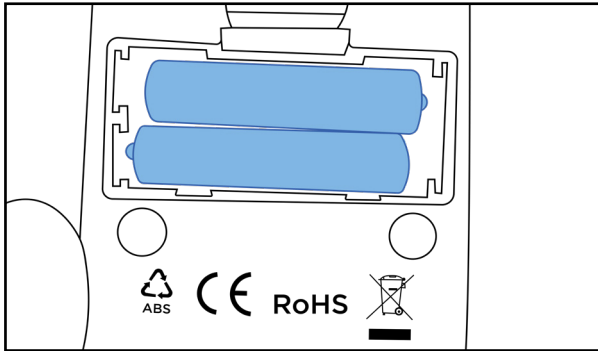


Do not apply water to the monitor as it is electrical and may damage the internal components



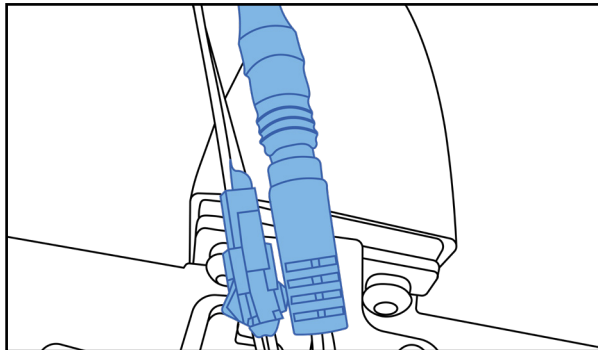
I INSTALLATION

STEP 1



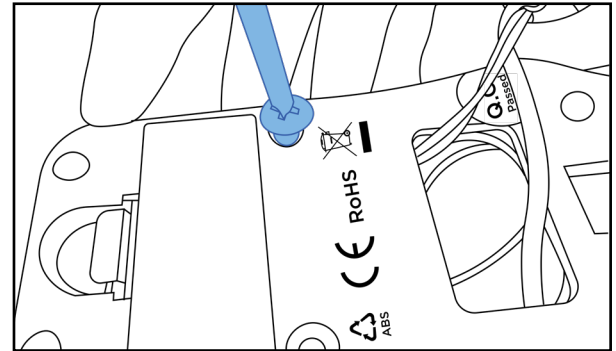
Insert the batteries, making sure they are the correct way round.

STEP 3



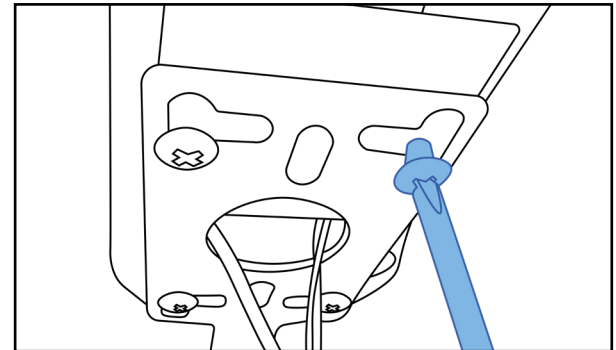
Connect the male to female wires and pulse wires from the base to the monitor.

STEP 2



Remove the four screws already in the back of the monitor.

STEP 4



Secure the monitor to the frame using the four screws removed previously.

I OPERATION

The IC300 Pro monitor has a total of 6 readouts, displaying:

Time Speed Distance Heart Rate Calories RPM

When first powered on, the monitor will automatically be in 'Scan' mode. This means the digits in the largest segment on the screen will change every few seconds between time, distance, speed etc. This will allow you to have an overview while training without pressing any buttons.

EXITING SCAN MODE

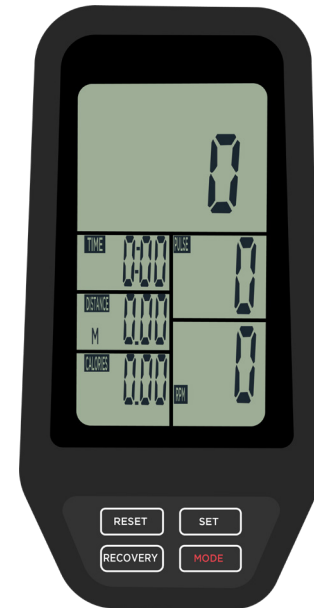
Press 'MODE' to exit scan mode and continuously press it to view each readout in the largest segment at the top of the screen.

If you are within scan mode, there will be a scan icon in the top left to indicate this.

SETTING TARGET PROGRAMS

On this monitor you are able to set a target **time**, **distance**, pulse and **calories**.

- Start by pressing 'MODE' until your chosen setting flashes.
- Then press 'SET' to change the digits to your desired target.
- Once set, begin your workout by pedalling and you will see the digits begin to change.
- Once you've hit your target the monitor will beep.



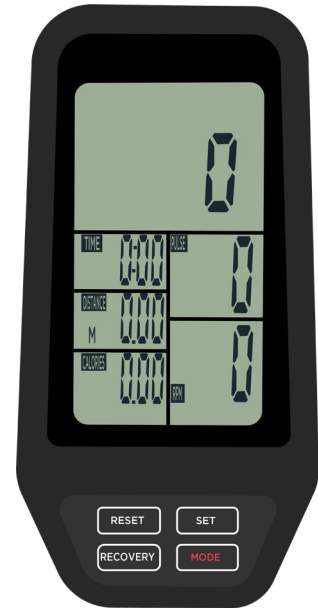
RECOVERY FUNCTION

Once you've completed your workout you can test how well your body recovers by:

- Press 'RECOVERY' and place both hands on each of the pulse plates.
- All readouts will disappear apart from Time which will start to count down from 60 seconds.
- Once completed the screen will display a code from F1-F6, F1 being the best and F6 being the worst.

RESETTING YOUR MONITOR

Press and hold the 'RESET/GO' button until all the digits come up and return to zero, the monitor will also beep.



I DATA READOUTS

Readout	Measurement
Time	Minutes : Seconds
Speed	MPH
Distance	Miles
Pulse	PPM (Pulsations Per Minute)
RPM	Revolutions Per Minute

I TROUBLESHOOT

Issue	Resolutions
No power to the monitor	<ul style="list-style-type: none">• Make sure the batteries are fully inserted and the correct way round.• Check your connection wires from the monitor to the base. They must not be trapped, fully connected and the pins must be straight.
No pulse reading	<ul style="list-style-type: none">• Make sure the pulse plates are clean and dry.• Do not have any lotion on your hands.• Sweat can affect the reading.• Make sure both hands are fully gripping each plate.

| CONTACT DETAILS



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